

<p style="text-align: center;">Montana School Nutrition and Physical Activity Survey Outline/Planning Document</p>

Purposes/Use:

1. To determine current school nutrition and physical activity status, as compared to USDA recommended practices for schools:
 - Target areas of training and technical assistance need (develop support services/programs)
 - Collect baseline information to measure change resulting from nutrition and physical activity interventions (training and technical assistance)
2. To measure changes in school policies and procedures resulting from previous training and technical assistance:
 - Value of training received over the past 3 years from Team Nutrition
 - Changes in policies and procedures, attributed to increased awareness or training provided by Team Nutrition
 - Perceived needs for additional training
3. Identify model schools for recognition and additional data collection (implementation methods)

Respondent Groups:

1. School Food Authority for district level information
 - policy
 - contracts information (vending)
 - food program participation rates and sales
 - wellness committee/role and responsibilities
2. School Administrators for school level information
 - procedures (recess; meal distribution and content)
 - vending contents
 - wellness committee/role and responsibilities
 - classroom food and physical activity
3. Additional School Personnel who received training/technical assistance
 - Value of training for participants (awareness, knowledge, motivation)
 - Resultant changes in policy or procedures, based on the 6 components
 - Recommendations for training improvements
 - Additional training and support needs

Potential Topic Areas:

- Vending machine choices
- Student store items
- School meal programs
- A la carte meal options
- Classroom party food
- Food selections for student rewards
- Recess policies
- School wellness committee
- USDA components of a Healthy School Nutrition Environment

Priority Rating	Survey Topic Area/Construct	Food Authority	Adm	School Staff
	<u>Commitment :</u>			
	• Schools have detailed policies regarding nutrition and physical activity.			
	• Administrators, school staff, school foodservice, students and parents are part of the policy making process, education team, and participate in supporting a healthy school nutrition environment.			
	• Nutrition education and physical activity are included in the school's daily education program from preK through grade 12.			
	<u>Quality School Meals:</u>			
	• Schools offer lunch, breakfast, and afterschool snack programs, and students are encouraged to participate.			
	• School foodservice staff is properly qualified and trained.			
	• Menus are planned with input from students and include local, cultural, and ethnic favorites of students, while meeting the USDA nutrition standards.			
	<u>Other Healthy Food Options:</u>			
	• All foods and beverages available at school contribute to meeting the dietary needs of students.			
	• There are appropriate restrictions on students' access to vending machines, school stores, and snack bars.			
	• School staff does not use food as a reward or punishment for students.			
	• If foods are sold in competition with school meals or in a la carte line, they include a variety of tasty, nutritious options, offered at prices children can afford.			
	<u>Pleasant Eating Experiences:</u>			
	• Meal periods are long enough for students to eat and socialize			
	• Dining areas are attractive and have sufficient space for seating.			
	• Recess for elementary grades is scheduled before lunch so that children will come to lunch less distracted and ready to eat.			
	• Schools encourage interaction among students, and between students and adults. Adults properly supervise dining rooms and serve as role models.			
	• Students wash their hands before eating.			
	• Drinking fountains are available for students to get water at meals and throughout the day.			
	<u>Nutrition Education</u>			
	• Students in all grades receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.			
	• Students receive nutrition messages throughout the school that are consistent and reinforce each other.			
	• Nutrition education is offered in the school dining room and in the classroom, with coordination between school food service staff and teachers.			
	• Nutrition is integrated into core curriculum areas, such as math, science, and language arts.			
	<u>Marketing</u>			
	• Healthy eating and physical activity are actively promoted to students, parents, teachers, administrators, and the community.			
	• Student's input is sought and taken into consideration while planning a healthy school nutrition environment.			
	• Schools work with a variety of media to spread the word about healthy school nutrition.			
	• Schools promote healthy food choices and restrict advertising that promotes less nutritious food choices.			